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AUTHOR Stout, Paul L.  
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ABSTRACT

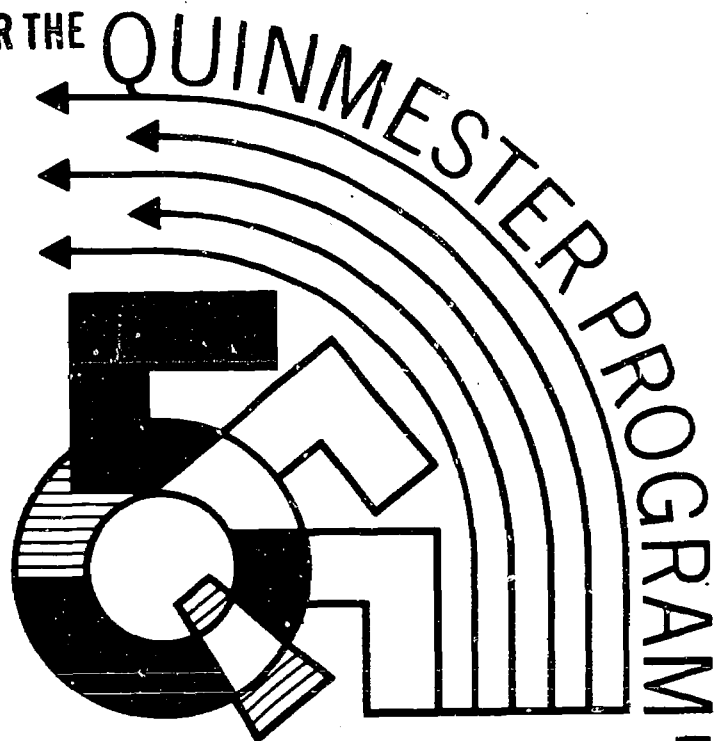
This course outline is a guide for teaching skills of flicker ball in grades 7-12. The course format includes lectures, game situations, class tournaments, and tests that focus on mastery of skills, understanding of rules, and development of techniques in shooting and passing. Course content includes the following: (a) history of flicker ball, (b) terminology, (c) description of flicker ball, (d) playing courtesies, (e) social and ethical values, (f) equipment, (g) safety procedures, (h) area, (i) rules and regulations, and (j) techniques and fundamentals. Warm-up exercises, lead-up games and variations, and drills and skills practice techniques are illustrated. A skills test is outlined. (A five-item bibliography is included.) (PD)



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AUTHORIZED COURSE OF INSTRUCTION FOR THE **QUINMESTER PROGRAM**



FLICKER BALL

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PHYSICAL EDUCATION

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DADE COUNTY PUBLIC SCHOOLS

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## PHYSICAL EDUCATION

Written by Paul L. Stout

for the

DIVISION OF INSTRUCTION  
Dade County Public Schools  
Miami, Florida  
1971

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# FLICKER BALL

- I. COURSE GUIDELINES FOR COURSE NUMBER :
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- A. Student Classification: Boys and girls, separate participation
- B. Grade Level: 7-12
- C. Level of Performance: Beginning
- D. Suggested Prior Experiences: None
- E. Subject Status: Elective
- F. Length of Unit: 4 weeks

## II. COURSE DESCRIPTION AND ACCREDITATION STANDARD BROAD GOAL

Junior High: 9.8416 (1) a, c, d, i, j  
 Senior High: 9.9420 (1) d

### A. Description

Flicker Ball is a basketball type of game that may be played with a football, indoors on a basketball court, or outdoors on a football field. It is designed to teach a combination of football and basketball fundamentals in order to attain a sufficient level of skill to enjoy the game as a sport in school and leisure time situations.

### B. Methods and Evaluation

The course will consist of lectures, game situations, class tournaments and written and skills tests.

### C. Areas of Concentration

Class periods will be devoted to the mastery of skills, understanding of the rules of flicker ball, development of techniques in shooting and passing, and opportunity to play in class tournaments.

### III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

#### A. Observation Skills Objective: 40% of Unit Grade

1. State Accreditation Standards: Junior High: 9.8416 (2) d,e,g  
Senior High: 9.9420 (2) i

All students will demonstrate ability in flicker ball skills, strategy, and tactics which will be practiced and developed in class periods by means of game play and skill drills. The majority of students will display sufficient ability to play in a game situation and will be measured by competencies described in the identification of each skill listed in course content. Each student's progress and performance in the skills listed will be evaluated by teacher judgment, observation, checklist, etc.

- a. Passing football for accuracy
- b. Proper passing techniques and team work
- c. Ability to catch passes

2. State Accreditation Standards: Junior High: 9.8416 (2) e,f,g  
Senior High: 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-c.

#### B. Basic Skills Objective: 20% of Unit Grade

1. State Accreditation Standards: Junior High: 9.8416 (2) d,e,g  
Senior High: 9.9420 (2) i

All students will participate and be rated in at least two skills tests and the majority of students will achieve an average or better score.

- a. Passing football for accuracy
- b. Free throw test
- c. Speed pass
- d. Passing drill
- e. Pass receiving
- f. "21" game

2. State Accreditation Standard: Junior High: 9.8416 (2) d,f,g  
Senior High: 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-f.

**C. Course Content Knowledge Objective: 20% of Unit Grade**

1. State Accreditation Standard: Junior High: 9.8416 (2) d,e,g  
Senior High: 9.9420 (2) i

All students will respond in writing to a test on flicker ball and the majority will receive an average or better score. This test will represent 20% of the unit grade and will be based on course content and class discussion.

- a. History
- b. Safety procedures
- c. Rules of play
- d. Terminology

2. State Accreditation Standard: Junior High: 9.8416 (2) e,f,g  
Senior High: 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-d.

**D. Social and Personal Attitudes Objective: 20% of Unit Grade**

1. State Accreditation Standard: Junior High: 9.8416 (2) d,e,g  
Senior High: 9.9420 (2) i

Social and personal attitudes displayed by all students will be evaluated by observation, checklist, and annotation by the teacher throughout the entire unit and will comprise 20% of the unit grade. The teacher will motivate an atmosphere wherein the majority of the students will respond to this development and exhibit desirable behavior. The evaluation will be based on the following social and personal attitudes:

- a. Alertness to class procedure and activities
- b. Good sportsmanship
- c. Emotional control
- d. Consideration of others
- e. Team work
- f. Willingness to participate regardless of degree of skill

2. State Accreditation Standard: Junior High: 9.8416 (2) e,f,g  
Senior High: 9.9420 (2) k

At least 75% of the students are able to demonstrate proficiencies listed in 1.a.-f.



#### IV. COURSE CONTENT

(This section may be reproduced for distribution to students)

##### A. History of Flicker Ball

Flicker ball was originated by Mr. Armond Seidler at the University of Illinois in 1948. It is a basketball type game played with a football, combining the penalty box as used in hockey and the free throw as in soccer. Indoors it is played on a basketball court with five players. Outdoors it is played on a football field and uses seven players. Flicker ball is now regularly used by the United States military academies.

##### B. Terminology

1. Back court rule. A team putting ball in play in back court area is given ten seconds to advance ball to front court or lose ball at point of infraction.
2. Center jump. A ball tossed between two centers.
3. Dead ball area. That area of the indoor court being the distance from the outer edge of the free throw circle to center of the goal.
4. Five second rule. Player has five seconds to throw ball into playing court.
5. Free throw. An unrestricted shot at the basket as the result of a penalty.
6. Goal. A two by three foot rectangular hole in the center of a four by five foot rectangular board.
7. Goal tending. Deliberate interference with goal.
8. Out of bounds rules. Apply in any dead ball situation in front or back court.
9. Penalty box. That area on the side of court where penalized player is held after personal or technical foul.
10. Personal foul. Occurs when player causes personal contact with his opponent.
11. Scoring area. Front court.
12. Technical foul. Any flagrant or unsportsmanlike act.
13. Ten second rule. Team putting ball in play in back court has ten seconds to advance ball to front court.
14. Three second rule. Indoors, defensive players only may carry ball in dead ball area for three seconds.
15. Traveling. Illegally advancing with ball in control.

### C. Description of Flicker Ball

Flicker ball is a basketball type of game that may be played indoors on a basketball court, or outdoors on a football field. In the indoor game there are five players on a team and in the outdoor variety there are seven. Body contact rules, fouls, and free throws are as in basketball. However, running with the ball is permitted when it is lateral or backward. The ball may be advanced forward only by passing. The object of the game is the same as in basketball, namely, to advance the ball and throw it through the goal. Flicker ball is an active game consisting of two twenty-minute halves with each team being permitted three two-minute time outs each half.

### D. Playing Courtesies

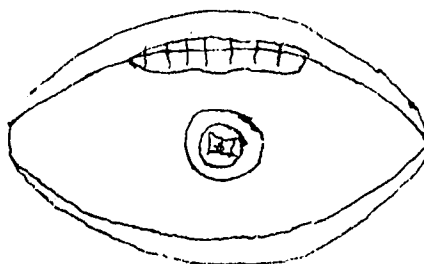
1. Participants should assume courteous attitude as in any team sport.
2. Good sportsmanship is a must.
3. Close adherence to official decisions is necessary in preventing injuries.

### E. Social and Ethical Values

1. Flicker ball, because of its adaptability to the area available, may be played either indoors or outdoors. As many as three flicker ball fields may be laid across a regulation football field.
2. As players' skills increase, it becomes an excellent means for building speed, endurance, power, and coordination.
3. Flicker ball utilizes accuracy in passing and catching of football.
4. Both boys and girls, beginners and skilled players, may participate with satisfaction.

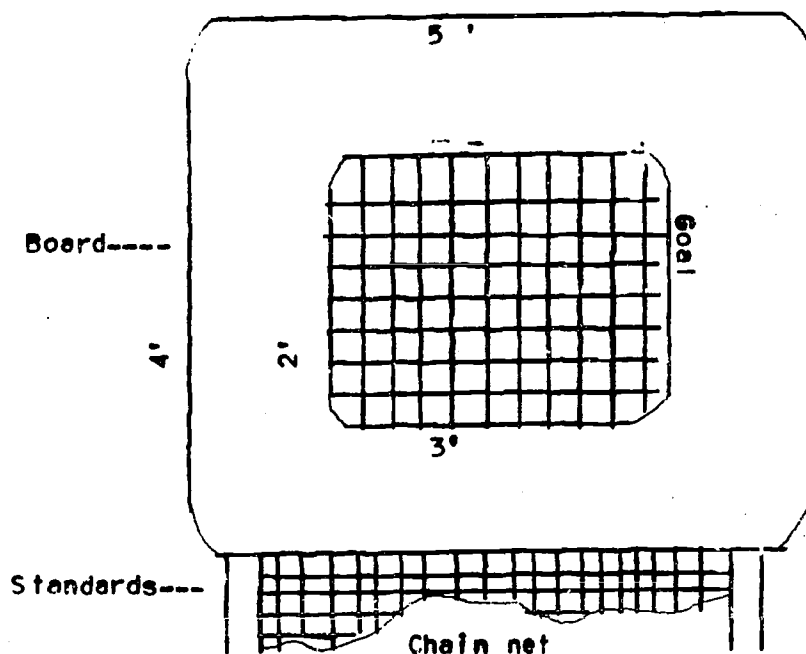
**F. Equipment**

1. A regulation leather or rubber football will be the official ball.



**Football**

2. The flicker ball goal is a two-foot by three-foot rectangular hole that is in the middle of a four-foot by five-foot rectangular board. The surface of the goal is at right angles to the side lines as is the basketball backboard. The bottom edge of the hole is eight feet above the ground. The goals for the indoor court are on the center of the end line, while on the outdoor field they are five yards behind the end line. The board is made of wood, plastic material, glass, metal, or any other durable material and is painted a bright orange. Alternate equipment: an automobile tire may be used on outdoor field and suspended between volley ball or tether ball standards.



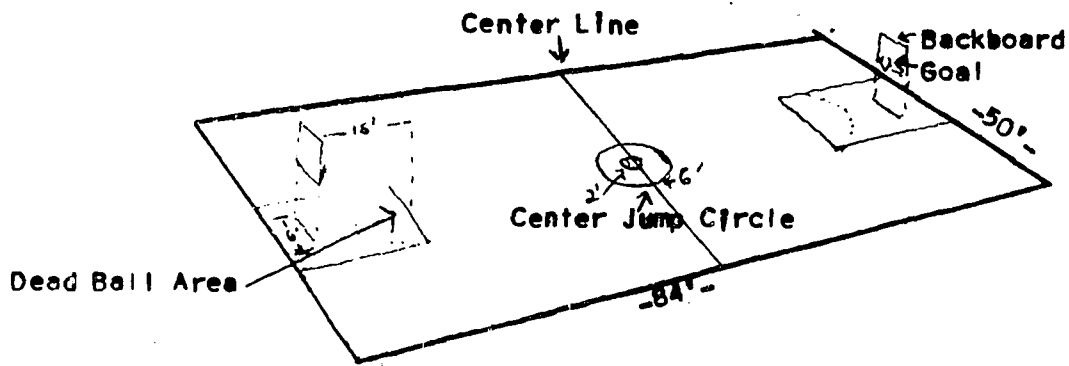
3. The flicker board bracket is made of metal or any other durable material and has a number of metal or durable rings which slide freely on this bracket. At each end of the bracket where it makes contact with the board, there is a permanently fixed metal or durable ring.
4. The curtain is made of heavy net. It is hung by means of snap hooks for the sliding rings on the hanging brackets and extends six inches below the bottom of the flicker board. The bottom of the net should be weighted by the use of lead weights or  $\frac{1}{2}$ -inch chain in order to prevent it from flying freely in the breeze.

#### G. Safety Procedures

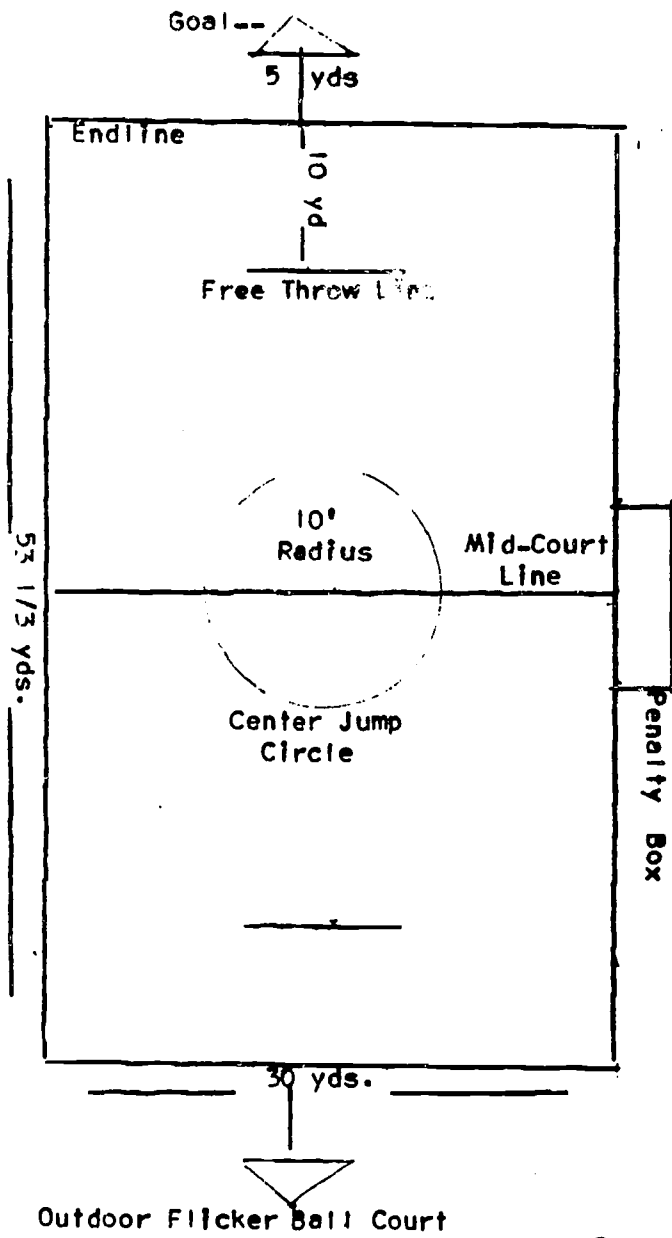
1. Players should do warm-up exercises before playing.
2. Players should wear tennis shoes and attire which allows for freedom of movement.
3. Players should avoid excessive body contact in order to prevent injury.
4. The official should allow no unnecessary roughness.
5. Players who wear glasses should wear eyeglass guards.
6. Spectators must be kept at a safe distance from boundary lines.
7. Adherence to the dead ball area is a necessity in preventing injuries particularly in indoor games.

#### H. Area

1. Indoors, Flicker ball shall be played on any regulation basketball court. The goals for the indoor court are on the center of the end line, and shall be mounted on the backboard with the bottom of the hole eight feet from the floor. The indoor court has a semicircle at each end with the radius being the distance from the outer edge of the free throw circle to the center of the goal. This is the dead ball area. (A line drawn parallel to the face of the goal, from sideline to sideline at a distance of fifteen feet in front of the goal.)
2. Outdoors, the length of the field is the same as the width of a regulation football field and the width is thirty yards. As many as three, or possibly four, fields can be laid out across a football field. Each goal is set fifteen feet back of the end line, equidistant between the side lines, and parallel to the end line. The bottom edge of the hole is eight feet above the ground. A free throw line, six feet long, will be placed thirty feet in front of each end line, directly in front of the goal, or a total distance of forty-five feet from the goal.

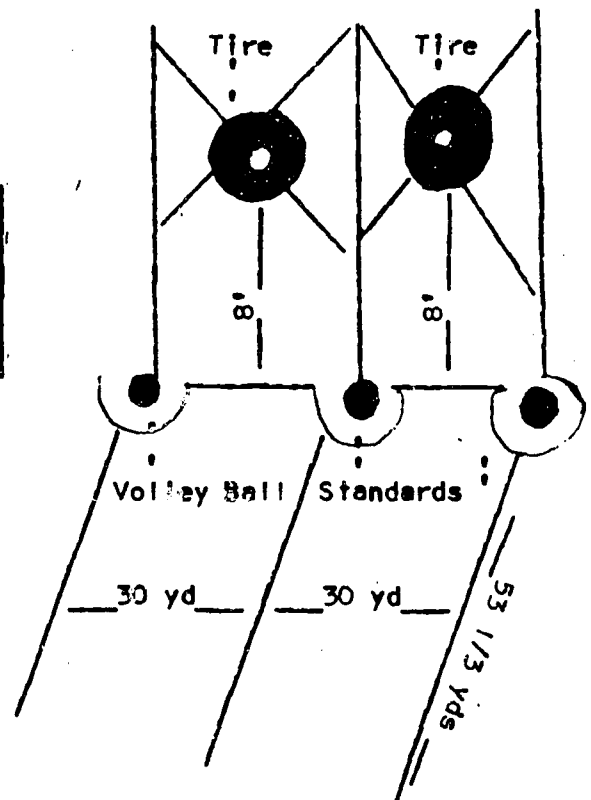


Indoor Flicker Ball Court



Outdoor Flicker Ball Court

Alternate Flicker Ball Field



## I. Rules and Regulations

1. The outdoor game shall be played by two teams each consisting of seven players. The players are not identified with a particular position on the field, but positioning can be accomplished in the many different styles of offense and defense which may be employed in the game.
2. The indoor game shall be played by two teams, consisting of five players on each team.
3. The game consists of two 20-minute halves with each team being permitted three 2-minute time outs each half. Extra time outs may be given at the expense of a free throw.
4. The indoor court has a semicircle at each end with the radius being the distance from the outer edge of the free throw circle to the center of the goal. This is called the dead ball area. The latter is not used in the outdoor game, this being taken care of by having the goal fifteen feet behind the end line. Goal tending in the dead ball area of the indoor game is not allowed and if it occurs the shooting team is credited with two points.
5. Body contact rules, fouls, and free throws are as in basketball. Running with the ball is permitted when it is lateral or backward; however, the ball may be advanced forward only by passing.
6. Free throws in the indoor game are taken from the center line, while outdoors they are shot from a line thirty feet in from the end line or a total distance of forty-five feet from the goal.
7. Held balls are jumped at the spot, with the player receiving the tip being required to pass the ball laterally.
8. If player gains control of ball while advancing toward goal he will be allowed a maximum of one and one-half steps in which to stop his advance, or to swerve to a lateral direction.
9. If player receives ball as he is on right foot he may advance, place left foot, and will not be considered traveling until he again steps on the right foot. If player is called for traveling, the referee will immediately blow whistle. Player must then place ball on ground so that nearest opponent can put ball in play.

10. Since the goal is out of bounds, any try at goal, whether successful or not, is out of bounds and the ball is given to the opponents behind the end line. In the front court the throw-in must be a lateral pass away from the player's goal, but in the back court it may go in any direction. A player has five seconds to throw the ball into the court.
11. In the indoor game, offensive players may not touch the ball in the dead ball area, while defensive players may carry the ball through or within the area; however, they may keep possession of it for only three seconds.
12. Flagrant violations (i.e., tripping, unnecessary roughness, unsportsman-like conduct) will result in the offender remaining in the penalty box for three minutes, his team playing short one player, and the opposing team may attempt free throw. Repeated offense brings automatic ejection from game. Note: After flagrant foul has been committed, opposing team will have possession of ball out of bounds at point parallel to free throw mark.
13. All attempted shots for score must be thrown with one hand overhand forward pass. Push shot will not count as a goal.
14. A team putting ball in play in back court area at any time will be given ten seconds in which to advance ball into front court. Penalty for failure to advance ball within ten seconds is loss of ball at spot of infraction.
15. Any fumbled ball which remains on the field of play is a free ball which may be played by any player.
16. In the indoor game play may take place in the "No Score Area" but all goal shots must originate from outside this area. Any goal shots attempted from this area shall be considered dead and no scores made from this area will be permitted. Penalty for shots from this area: loss of ball, score not counted.
17. If a forward pass is incomplete because a defensive player is the cause of incompleteness (i.e., defensive player bats ball out of hands of passer or receiver, or out of air), the ball is a free ball and may be played by either team. If it rolls "Out-of-Bounds" then the rule covering this infraction applies.
18. Any incomplete lateral pass which remains on the field of play is a free ball and may be played by any player. This applies to any lateral throw in from out of bounds.
19. When the receiver of a pass is bound by rules to receive it within a certain area he must gain definite control of ball within that area.

20. A dead ball results when:

- a. Ball goes out of bounds
- b. Technical foul is called
- c. Personal foul is called
- d. Forward pass is incomplete, through no interference from defensive player
- e. Traveling is called
- f. Time-out is called or end of playing time
- g. Rule H-10 is violated (Five second rule)
- h. Rule H-11 is violated (Three second rule)

21. Substitutions

- a. May be made any time ball is dead
- b. Any number of players may be substituted during a time out period. Notes: Any extra time outs over allotted will result in technical foul which any player on the opposing team may shoot
- c. Any player out of play because of penalty may not be substituted for until he reenters play

22. Jump balls

- a. Each half is started with a center jump
- b. Players other than the jumpers must stay outside jump circle until ball is batted
- c. Center jump consists of a ball tossed up between two centers, pointing toward goals. Player first getting ball after center jump must pass ball laterally. Player other than jumper must touch ball before jumper may again handle the ball in all jump ball situations
- d. Jump ball on spot will be used to settle all held ball incidents. Player receiving tap must throw laterally
- e. Following a double foul, ball is put in play by a jump ball at center.

23. Penalty box

Penalty box is that area on the side of the playing area where participant is held when either personal or technical foul is committed. Reentry from box is permitted after three minutes or first score by opposing team, whichever occurs first. Repeated offenses result in ejection.

24. Scoring

- a. One point is scored when ball hits back board
- b. Three points score when ball clears goal completely
- c. Three minute overtime is played to break a tie



- d. Any attempt on part of defensive player to goal tend in dead ball area (i.e. deliberately bat out attempted goal) shall result in award of three-point goal to shooting team.
- e. After the free throw, possession of ball is given to defensive team behind own end line.
- f. An attempted shot which is blocked by a defensive player and remains on the field of play is a free ball and may be played by any player.
- g. An attempted shot which is blocked by a defensive player and rolls out of bounds will be given to the defensive team out of bounds at the approximate point that the ball went out. Since any shot which can be blocked is considered a poor shot, the intent of this rule is to penalize the shooter with loss of ball.
- h. If a player is fouled in the act of shooting an attempted goal shot, a personal foul will be charged to the offending player, the goal shot will be counted if it scores, and the shooting player will be given a free throw at the goal. Note: Four personal fouls eliminates player from game.

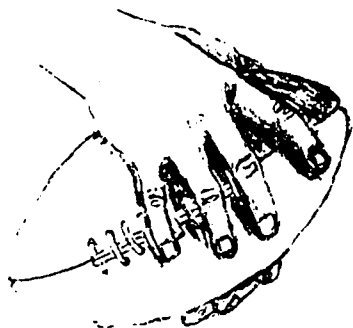
25. Elastic powers

The officials shall decide any question not specifically covered in the rules.

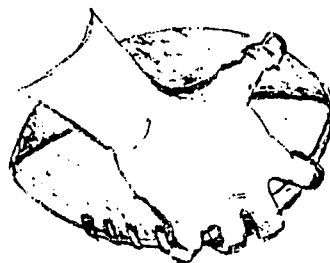
## J. Techniques and Fundamentals

1. Grip pass. The grip pass is that in which the passer grips the ball with his fingers and thumb well spread. In using the grip pass, the passer grips the ball slightly behind the middle with his fingers across the lace, thumb on the lace, or he may disregard the lace altogether. It is most important that the fingers and thumb be well spread and relaxed. The ball should fit well into the palm of the hand and be held firmly in that position with the aid of the left hand while fixing the ball on the chest. In the event the passer has trouble with the front point of the ball dropping in flight, the index finger should be extended toward the rear point of the ball. The index finger should cause a downward drag on the rear part of the ball and the front point should ride higher while in flight.

2. Grip pass with index finger. A modified form of the grip pass in which the index finger is placed on the end of the ball, hand wide spread.



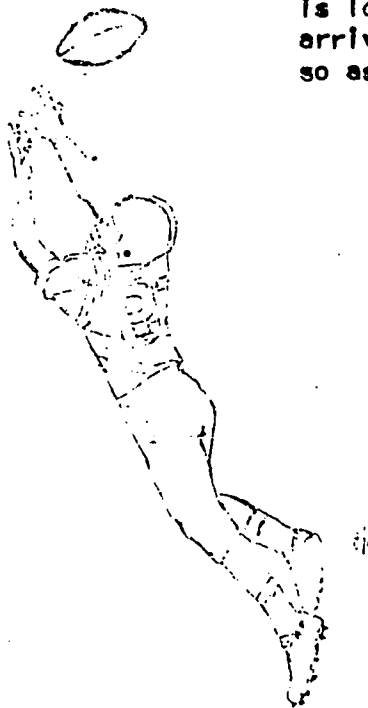
Grip Pass



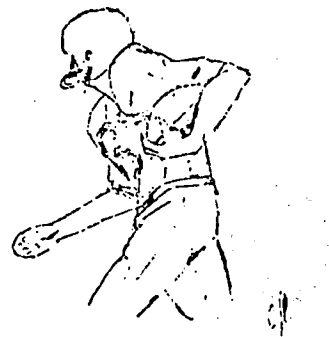
Grip Pass With Index  
Finger

The significance of these passes in flicker ball is the ability to achieve accuracy with a quick release.

3. Pass receiving. Pass receiving is to a large extent natural ability but good and poor receivers will find it possible to become more adept by practicing the correct technique.
- a. In catching forward pass, receiver should keep eyes on the forward point of ball and catch with hands rather than trap against body with arms.
  - b. Arms and hands should be loose and relaxed.
  - c. As ball touches the hands, a slight giving movement should occur thus doing away with resisting or fighting the ball.
  - d. When receiver is running away from passer, or receiving ball at or below the waist, the ball should be caught with hands in a thumbs-out position.
  - e. When facing the passer and receiving the ball above the waist, a thumbs-in position is preferred.
  - f. On long passes, the receiver should be in position and relaxed in the last two or three strides. He should avoid a strained position of the head and neck.
  - g. Arms should not be extended until player is in position to make catch.
  - h. Eyes should always be on ball. If pass receiver is looking over his left shoulder and the pass is arriving over his right shoulder, he should pivot so as not to lose sight of the ball.



Hands and Arms  
Relaxed



Putting Ball Away

## **V. LEARNING ACTIVITIES**

### **A. Recommended Warm-Up Exercises**

#### **1. Alternate Leg Thrusts**

**Body Areas:** legs, hips, arms  
**Position:** Stand with front leaning, left leg extended back, right foot inside right hand in a squat position.  
**Procedure:** Alternate position of the feet in a running pattern. Count 1 and 2.

#### **2. Arm Circles**

**Body Areas:** Arms, shoulders  
**Position:** Stand erect with arms extended to side.  
**Procedure:** Start with small circles in a forward direction and increase to longer circles in eight counts. Repeat in opposite direction.

#### **3. Jumping Jack**

**Body Areas:** arms, shoulders, thighs, legs  
**Position:** Erect, hands at side, feet together.  
**Procedure:** Hands together over head, feet wide spread. Hands at side, feet together in original position. Repeat four times.

#### **4. Limber**

**Body Area:** waist  
**Position:** Assume side stride position.  
**Procedure:** 4 counts: Bounce forward, touching toes  
4 counts: Bounce to right with right hand on hip and left hand extended over head.  
4 counts: Bounce to left with left hand on hip and right hand extended over head.  
4 counts: Bounce back with both hands on hips while looking up.

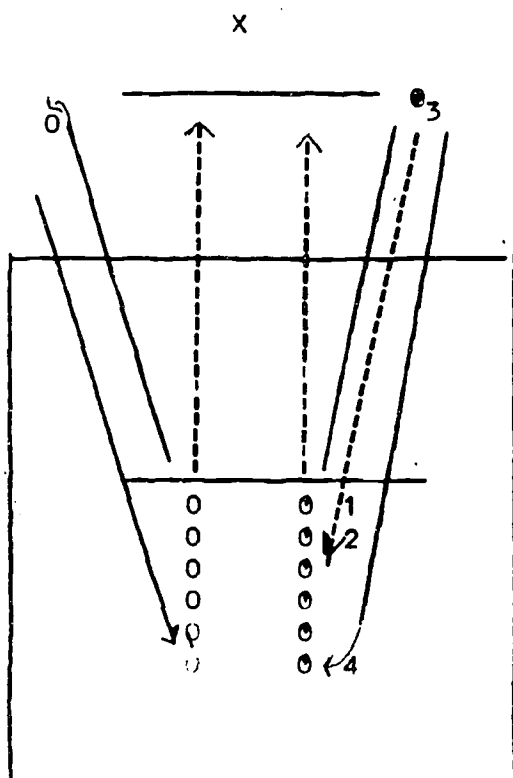
#### **5. Lunge**

**Body Area:** thighs, hips  
**Position:** Stand; lean forward with weight over forward foot, other leg extended behind.  
**Procedure:** Bounce four times on forward leg.

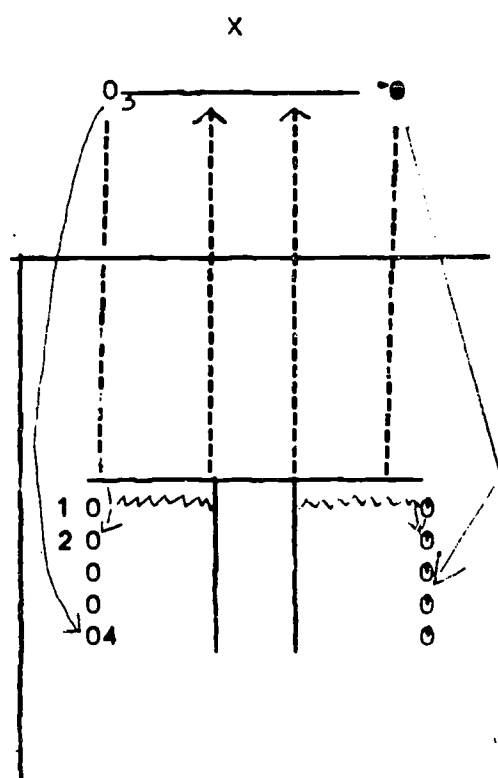
## B. Lead-Up Games and Variations

### 1. "21" Game

Two teams of 5 to 10 men on a team. No. 1 man throws at goal from position behind free throw line. No. 3 rebounds the attempted shot and returns ball to No. 2 man who has moved into position on the free throw line. No. 3 moves to position occupied by No. 4 who has advanced in line and No. 1 replaces No. 3 as rebounder after attempted shot. Scoring is the same as in regulation Flicker Ball, 3 points for hole shot and 1 point for backboard shot. Teams call out cumulative score as each goal is made. First team to reach 21 points wins. In figure 1-a, a variation of "21" game can be played in which thrower must run from his position to spot at center of field.



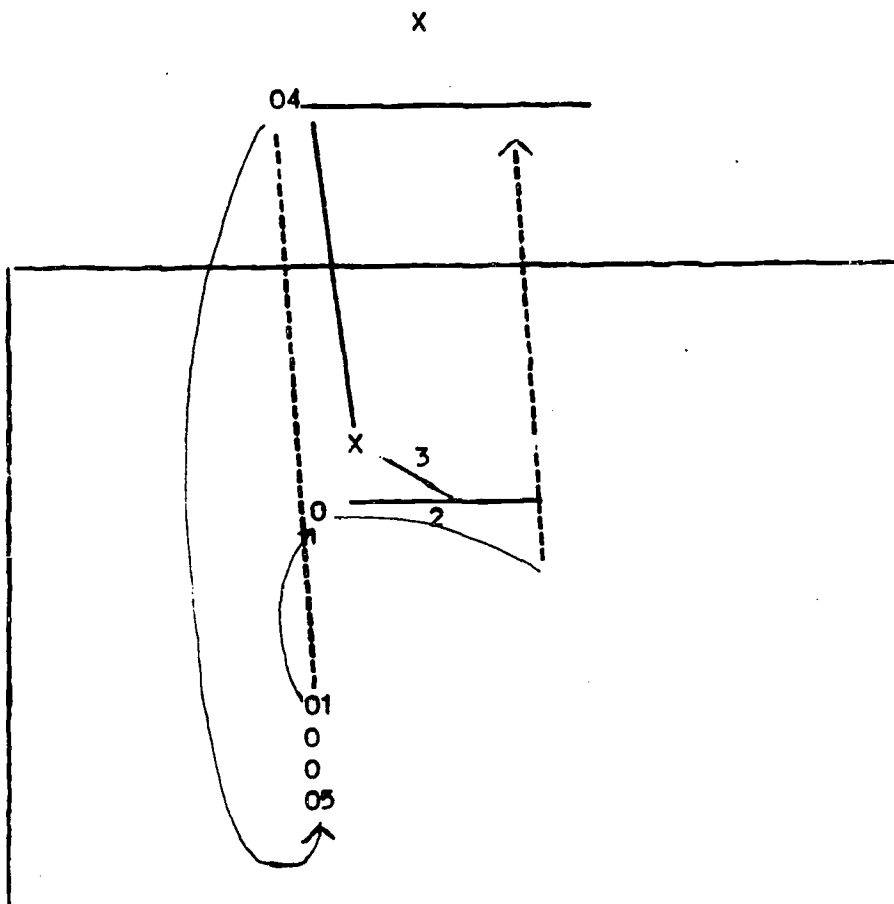
1.



1-a.

## 2. "15" Game

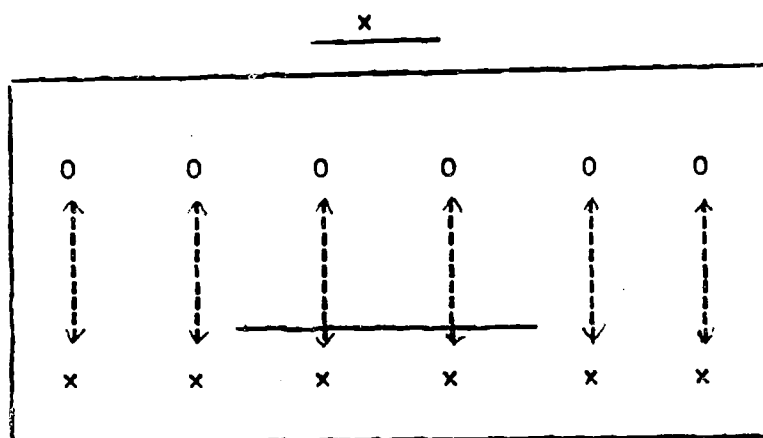
No. 1 passes to No. 2 who attempts to evade defensive man (No. 3) to attempt shot at goal. After attempted shot the ball is rebounded by No. 4 and passed to man in No. 1 position in line. Players rotate as indicated in diagram, 1 to 2 position, 2 to 3 position, 3 to 4 position, 4 to 5 position, 5 advances in line toward No. 1 position. Scoring is same as in regulation game with each individual player keeping his own score. First player to reach specified number of points wins game. Five Second Rule is observed during drill. To add interest ~~two~~ or more lines may work this drill on same goal, all individuals competing with each other.



**"15 Game"**

## C. Drills and Skills Practice Techniques

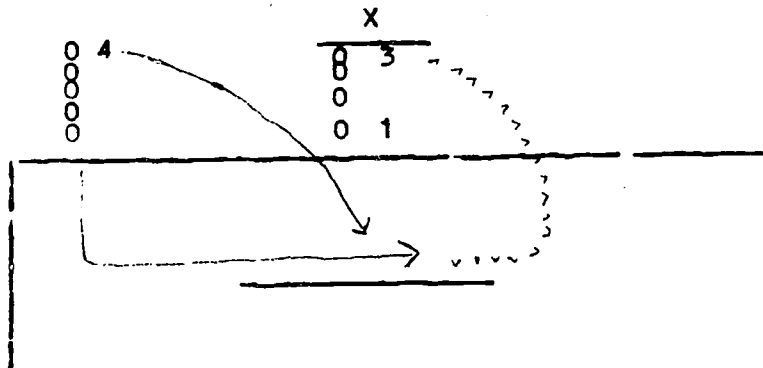
### 1. Stationary passing Drill at Given Target



**Straight Line Passing Drill**

Players practice throwing from stationary position to stationary target concentrating on form and accuracy in passing.

### 2. Passing and Receiving Drill



Passer in stationary position passing to moving target. No. 1 passes to No. 2 who cuts across field in front of No. 1 about 8-10 yards out, after receiving pass. No. 2 goes to end of passing line behind No. 3. Each man in line has ball. No. 1 moves into receiving line behind No. 4.

D. Suggested Structure of Activities

1. Teaching of any subject can be approached in a number of ways:
  - a. Inductive Approach: Teaching the parts to the whole. Skills and rules for beginning flicker ball are thoroughly explained, demonstrated, and practiced through drills and other activities before the student is moved into the actual game situation.
  - b. Deductive Approach: Teaching from the whole to the parts. Explanations, demonstrations, and drills are held to a minimum as concentration is on teaching and overview of beginning flicker ball. The student is moved more quickly into the game situation, and reviews and drills accent the daily activities.
  - c. Combination of Deductive and Inductive Approaches: This combination of approaches allows the student to get an overview of the game and an understanding of the basic skills. When the student is later moved into the game situation, drills, demonstrations, and explanations are injected as a planned sequence and whenever the progress of the student indicates the necessity of a review or introduction of a new skill. This combination approach enables the student to see the relevance of the drills to his personal development concurrent with the building of physical skills necessary to play the game.
2. The purpose of the following grouping of material is written as a point of reference. Teacher preference, school facilities, group ability, and group progress should dictate the sequence of presentation.
  - a. Fundamental Skills
    - (1) Passing for accuracy
    - (2) Grip pass
    - (3) Grip pass with index finger
    - (4) Receiving ball
  - b. Presentation of Game
    - (1) History
    - (2) Game description
    - (3) Safety procedures
    - (4) Playing courtesies
    - (5) Social and ethical values
  - c. Rules and Regulations
    - (1) Court layout



- (2) Number of players
- (3) Violations
- (4) Scoring
- (5) Fouls
- (6) Substitutions
- (7) Timing
- (8) Equipment

#### E. Recommended Resources for Teachers

Since flicker ball is a relatively new game in comparison to many other sports, very little material has been compiled regarding it. No film strips are available at this time and it is recommended that once the game is established, audio-visual aids may be introduced. However, the following sources were most helpful:

- a. Dade County Public Schools, Flicker Ball.
- b. Dade County Public Schools, Sports Skill Tests. Grades 7-12, Curriculum Bulletin 5-H, 1967.
- c. Donnelly, Richard J., Helms, William G. and Mitchell, Elmer D. Active Games and Contests. New York, New York: The Ronald Press Company, 1958.

### VI. EVALUATION PLANS

#### A. Skills Tests

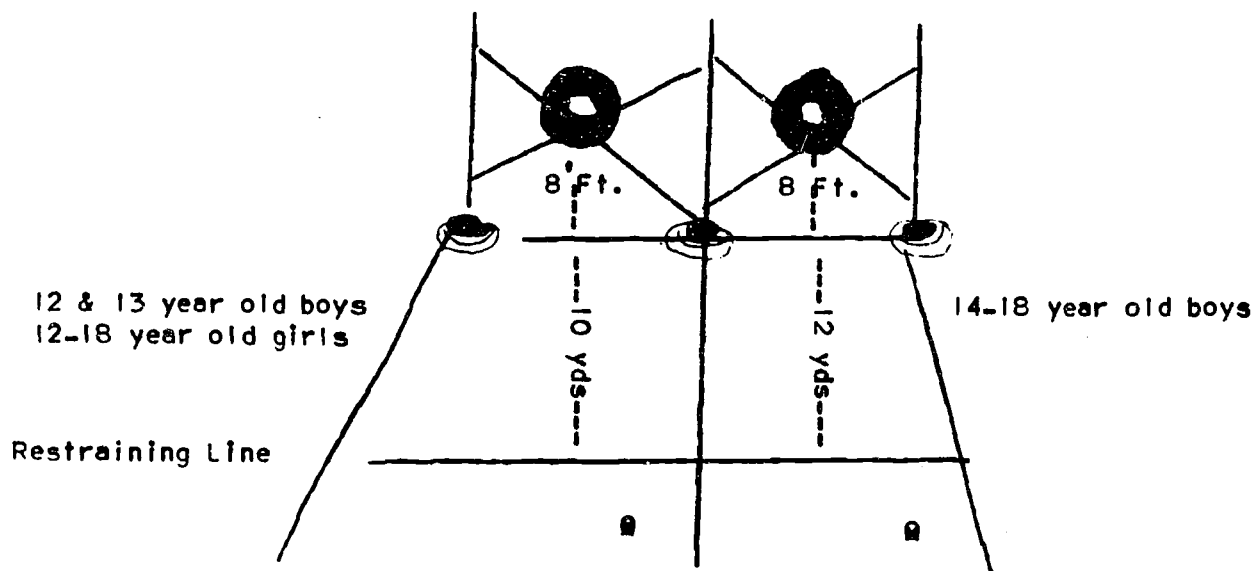
##### 1. Basic Test 1--Forward Pass For Accuracy

###### a. Purpose

To measure ability to throw accurate forward passes at a stationary target.

###### b. Equipment

Footballs  
Volleyball Standards  
Automobile Tires  
Ropes



Tires are suspended from standards or chinning bars with center of the tire eight feet from the ground. A restraining line is marked ten yards from the target for 12 & 13 year old boys and 12-18 year old girls; twelve yards for 14-18 year old boys.

c. Procedure

Player stands behind the restraining line and throws five times at the target. Two or three steps may be taken before throwing, but the player must stay behind the throwing line. Stepping over the line is a violation and results in loss of that scoring attempt. Two practice throws may be allowed preceding the test.

d. Scoring

3 Pts. - Ball passes through tire without touching  
 2 Pts. - Ball touches tire, but goes through  
 1 Pt. - Ball hits tire, but does not go through  
 Total points scored for the five trials is recorded.

Age	BOYS and GIRLS		
	12-13	14-15	16-18
EXCELLENT	11-15	6-15	10-15
VERY GOOD	9-10	4-5	8-9
AVERAGE	5-8	1-3	3-7
FAIR	3-4	0	2
POOR	0-2	0	0-1

**FLICKER BALL  
BASIC TEST I**

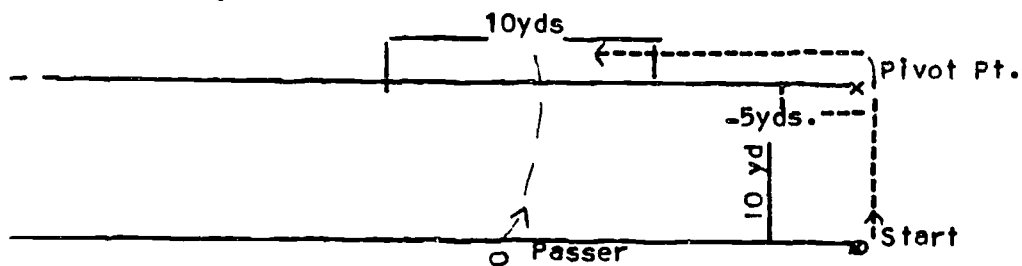
**2. Basic Test 2--Pass Receiving**

**a. Purpose**

To measure skill in catching forward passes.

**b. Equipment**

Footballs  
Field Markings  
Measuring Tape



**BASIC TEST 2**

Mark starting positions 10 yds. to right and left of the center position on the line of scrimmage. Mark pivot points 10 yds. perpendicular to starting points. Mark a 10 yd. receiving zone parallel to the line of scrimmage.

c. Procedure

Player takes position as an end on the line of scrimmage. Player starts running to the pivot point. Passer throws ball into receiving zone after player has rounded pivot point. Player attempts to catch pass within receiving zone. Any ball below hip level, above head level, behind, or not thrown into receiving zone is thrown over. Player receives three passes running from right of center and three passes running from the left. One point is awarded for each pass that is caught. One practice pass may be allowed.

d. Scoring

The score is the total number of passes caught on the six trials.

OBSERVED SKILLS					STUDENT'S NAME		SOCIAL AND PERSONAL																
							TEAMWORK	WILLINGNESS TO PARTICIAPTE	CONSIDERATION OF OTHERS	EMOTIONAL CONTROL	SPORTSMANSHIP	FAIRNESS	ALERTNESS	PROPER ATTIRE									

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